



# THE SENTINEL

*"One Team...One Voice"*

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**JUNE 20 - JULY 3, 2004**

## A New Look for the Sports Center!

by Linda Pierson

Sports Center Director

The Sports Center, Bldg. 165, has just undergone an exciting renovation. The interior has been completely repainted and is now very bright and eye-appealing, with a red, white, and blue patriotic look. In addition to being freshly painted, the locker rooms have new doors, cabinets and sinks.

Bleachers have been removed to provide a larger workout space in the free weight area, where mirrors are featured to enable you to check proper form and technique while lifting. Brightly colored Fitness Balls, with mats, are available for your Fitness

Ball workout or have one of our personal trainers design a routine just for you. A new stereo setup compliments the Direct TV system already in place.

Others services available include free body fat testing, and heart rate monitors to use during your workouts.

The Racquetball Court can be reserved 24 hours in advance for wallyball or racquetball.

This facility also offers various Intramural Sport Programs, a Commander's Cup Program, and a

Walker's Club.

Two personal trainers are on staff and work on an appointment basis only. To set-up an appointment, please call the Sports Center at (586) 307-5202. All services and equipment are available to you at no charge, excluding league fees for non-active duty members.

Our hours of operation are Monday through Thursday, 5:30 a.m.-9 p.m., Friday, 5:30 a.m.-6 p.m., and Saturday and Sunday, 9 a.m.-5 p.m. Our main phone number is (586) 307-5571.

## Funding Approved for AAFES Shoppette Expansion

by Janet Larsen

AAFES Public Affairs

The Army & Air Force Exchange Service (AAFES) here at Selfridge is about to make filling up your gas tank, washing your car, and grabbing a bite to eat a little easier!

AAFES, based on a request from the Garrison Commander, LTC Craig Johnson, and local Exchange General Manager Doug Jeffries, has identified a project to construct a Shoppette at Selfridge Air National Guard Base. The project has been approved for funding by the AAFES Board of Directors and has been forwarded for Congressional approval.

The project proposal is to expand the current Class VI Building consolidating the existing Shoppette/Service Station

operation with the existing Class VI Store retail activity.

The consolidation includes a 339 square meter expansion to the existing Class VI store, converting it to a Shoppette operation with convenience merchandise, retail, gas, Class VI and a single-bay automatic car wash. The facility will have ten multi-product gasoline dispensers with canopy and a 45-vehicle parking lot.

Meanwhile, the existing Shoppette is undergoing an upgrade to its Heat and Eat selections. Completion of the "Snack Avenue" will enable our customers to grab a quick snack at the Shoppette. A new and expanded menu of deli

sandwiches, hot dogs, microwaveable goods, pastries, gourmet coffees and fountain beverages are staples of the AAFES "Snack Avenue" concept.

AAFES is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through their Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fun earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs.

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# TAP (Transition Assistance Program) HAPPY!!!

**R. Scott Creswell**  
**Employee Interviewer**  
**Transition Assistance Coordinator**

Jeff is a Petty Officer First Class in the United States Navy who was concerned about his future after retirement. He had worked hard in the Navy to do a good job and now felt as if he had nothing to offer civilian employers.

Often people do not want to take ownership for perceived shortcomings and Jeff was no exception. He was prepared to blame the Navy for his own. He attended a Transition Assistance Workshop at Selfridge Community Service Center, hosted by the Employment Readiness Program and funded by the Michigan Department of Economic Growth/Employment Service Agency (MDLEG/ESA) and the United States Department of Labor/Veterans Employment Training Service (USDOL/VETS).

During the workshop Jeff discovered some very important information about himself. He found that he had skills and credentials that civilian employers held valuable.

Jeff did not understand how important he had been to his country and the fact that he was actually ahead of the curve because he could obtain documentation that proved his worth. Jeff's documented training and experience converted nicely to a very attractive resume.

Jeff has a different attitude about the Navy today. "I am proud of who I am. I am a Navy veteran!," says Jeff. Many times United States veterans leave the military and rarely use the skills paid for by American tax dollars. United States Department of Labor statistics show that over 20% of military personnel that attend a Transition Assistance Workshop stay in the military. Most of the others that attend these workshops and decide to leave the military have a better attitude, become more successful and actually promote the military as a career option to their friends and family members.

TAP Workshops offer budget savings to Base Commanders. Travel expenses are reduced and personnel are happier to be home every evening with their families.

"This class being close to home helps me because I can go home and discuss what I have learned with the home commander, my wife!," says Chief Petty Officer Brad.

All in all, the TAP workshop recently coordinated by Mr. Neil Cooper of

MDLEG/ESA, Ms. Kim Fulton of USDOL/VETS, and Ms. Camille Todor and Mr. Kevin Ware from the Employment Readiness Program at the Selfridge Community Services Center is helping our military veterans succeed, saving money, providing qualified labor to the business community, and promoting a good attitude toward our military. Now that is taking care of our veterans where the rubber meets the road!

## Transition Assistance Program Available in the Local Area

**R. Scott Creswell**  
**Employee Interviewer**  
**Transition Assistance Coordinator**

We are happy to announce that the Michigan Department of Labor and Economic Growth, in cooperation with Selfridge Air National Guard Base, is now able to offer you a local US Department of Labor-certified, DoD-approved Transition Assistance Program in Michigan.

We have four scheduled at Selfridge and one at STARC HQ in Lansing for the upcoming year. Our program meets the DoD requirements in all ways. Interested military spouses are eligible and encouraged to attend.

We will bring the TAP Class to your unit if you have a need, and we have five openings for complete classes during the upcoming year.

TAP Attendees will exit the class with the following tools:

- A polished résumé
- Documented credentials matching your military skills and training
- Internet and career search skills
- College credit equivalents for military training
- Interviewing skills and experience

- Contact information for Veterans' Representatives, benefits, and Service Officers

Please Contact:

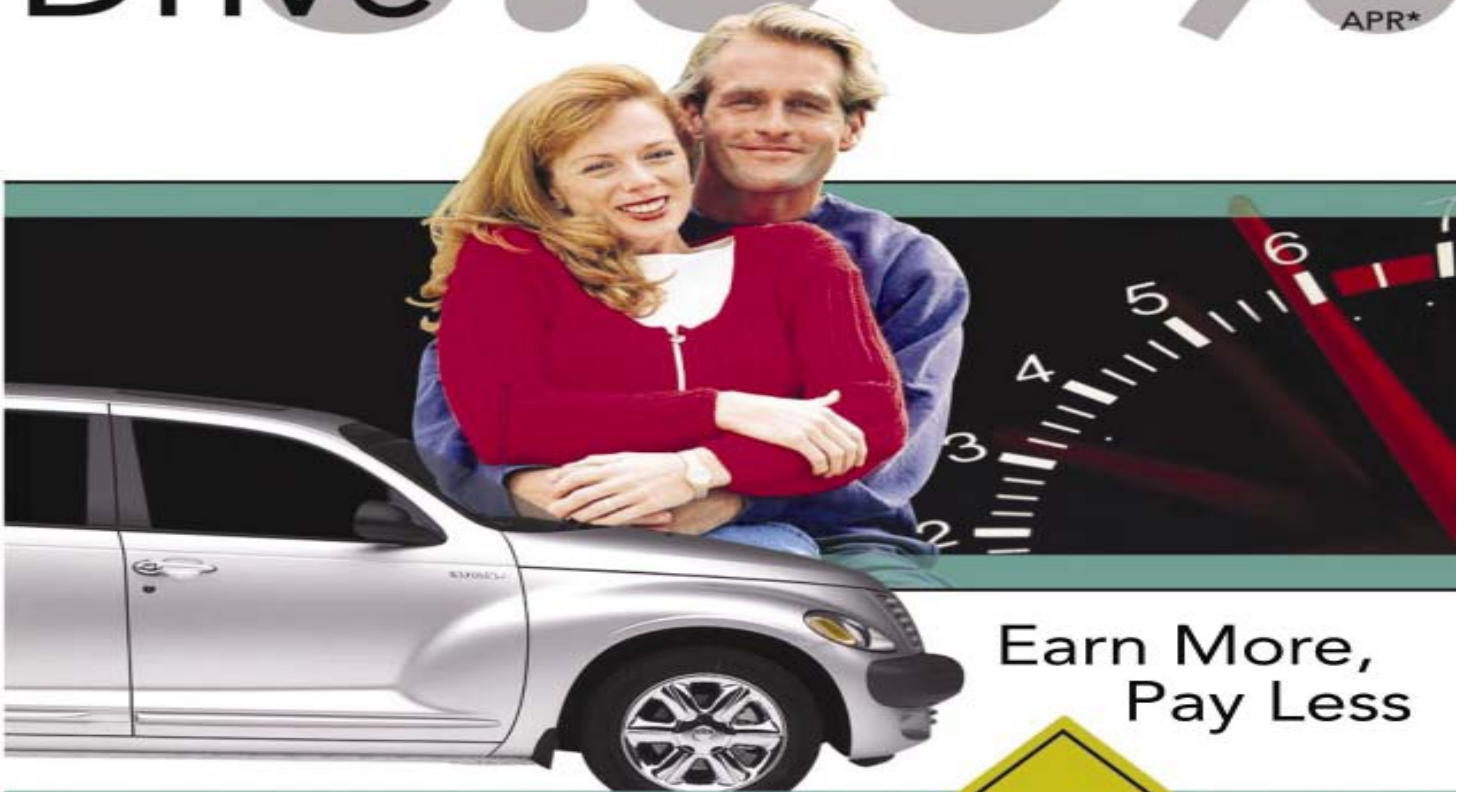
Neil Cooper, Veterans Coordinator  
Michigan Department of Labor and Economic Growth  
201 N Washington Square, 5th Floor  
Lansing, MI 48913  
coopern@michigan.gov  
(517) 241 8667

### THE SENTINEL ONE TEAM...ONE VOICE

Commander.....LTC Craig Johnson  
MWR Director.....Frankie Stull  
Articles/Editor.....Rose Spaulding

*Please submit all articles and community information to the MWR Marketing Office at least 45 days prior to allow time for adequate advertising. Office located in Rm 4, Bldg 780, Selfridge ANGB. Call (586) 307-4159/5404 for hours of operation and more information. Commercial advertising in this publication is not endorsed by any portion of US Army Garrison-Selfridge, the Department of the Army, or the United States Government.*

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# Be A Member



# Club Adventure Summer Camp Open House a Success!

by Janine Martel

School Age Services Director

The first Club Adventure Summer Camp open house and orientation, held June 1, was a huge success. Over 200 people attended the event to learn more about camp and meet the "summer crew." There was a cook out, children were given their Club Adventure tote bag and water bottle to decorate and staff were on hand to meet the kids and parents.

A highlight of the evening was the introduction of the "Crew" (camp staff). Children were invited to join in a rousing dance as the crew came on stage. Each crew member introduced themselves with a unique chant about themselves.

After eating and going over camp information, there was a performance by the Sun Drummers from the Mount Clemens Art Consortium. This summer,

African drumming and Stomp drumming will be taught at camp by the Art Consortium.

Many children and parent told us how much they were looking forward to coming to camp after seeing the enthusiasm of the staff. The summer staff are really excited about camp this summer and are looking forward to having fun with the kids.

Summer camp runs from June 7-August 14 for children who are currently (03-04 School year) in K-8th grade. For

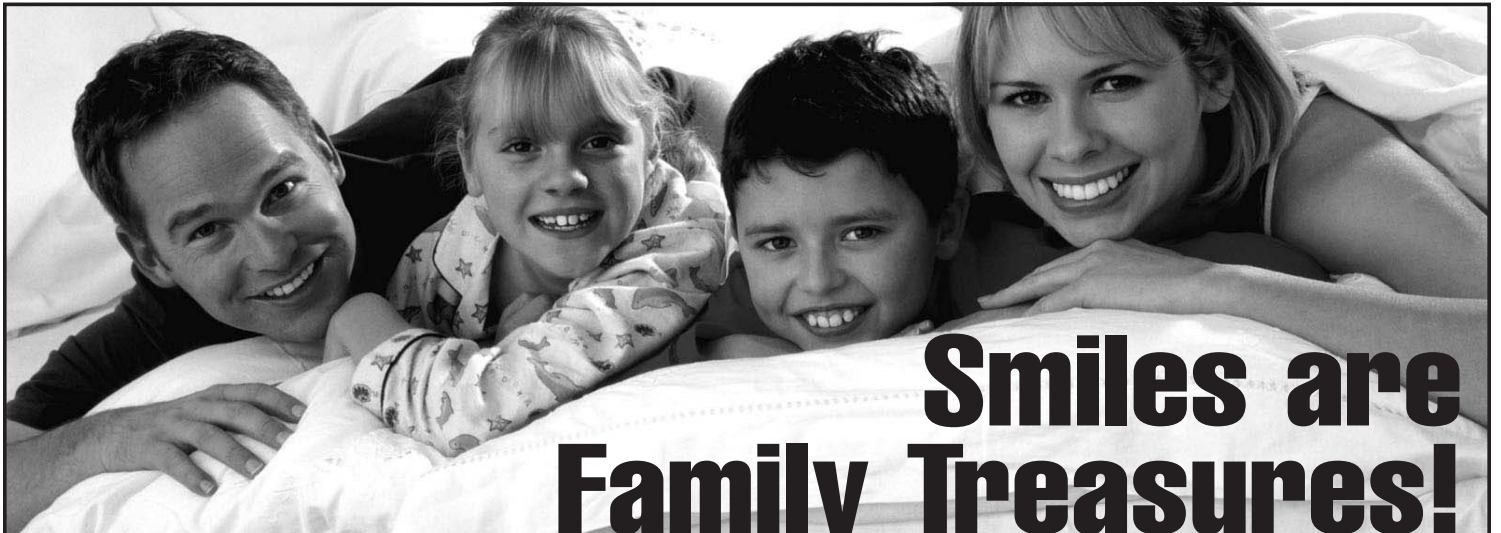
more information about camp, call 307-5535.



Club Adventure Summer Camp kids meet the "Crew."

## Change of Command Scheduled

The U.S. Army Garrison-Michigan Change of Command will take place on July 13 at 9 a.m. The ceremony will be on the south side of the Vandenberg Community Center; in case of inclement weather, the ceremony will be in the Vandenberg Ballroom. A reception will follow immediately after the ceremony.



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# CPSC Warns: Summer Fun Brings More Emergency Room Visits

by Eugene Yuells  
Garrison Safety Office

For many Americans, summer means fun in the sun; however, the U.S. Consumer Product Safety Commission (CPSC) warns that summer also is the time of year consumers are most likely to be injured. CPSC advises everyone to enjoy summer activities with safety in mind.

## 12 Summer Safety Tips

1. Wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. You will prevent the risk of head injury by as much as 85 percent.
2. Place barriers completely around pools to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
3. Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.
4. When cooking with a gas grill always check air tubes for blockage. Check grill hoses for holes and leaks.
5. Make sure your home playground has a safe surface. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.
6. Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
7. Movable soccer goals can fall over and kill children. Make sure movable soccer goals are anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar.
8. Allow only one person on a trampoline at a time and do not allow somersaults. Use a shock-absorbing pad covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use

full-size trampolines.

9. Do not allow a game of hide-n-seek to become deadly. Insure old cedar chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers are away from children.

10. To heat a tent or camper, use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not use camping heaters, charcoal grills, camping lanterns, and gas generators as they also can cause CO poisoning.

11. Install window guards to prevent children from falling out of open windows. Keep furniture away from windows to discourage children from climbing near windows.

12. When mowing the yard this summer, keep small children out and turn the mower off if children enter the area. Never carry children on a riding mower. Follow these 12 safety tips and be sure to have an enjoyable, accident-free summer.

Do you have questions or comments about an MWR facility or service?

Pick up the phone and call the  
**MWR Customer Feedback Line!**

# 307 - 4999

Call anytime - 24 hours a day,  
7 days a week.

We are committed to returning your call  
not later than the next business day.

# Community Calendar

## Thursday, June 24

**Commander's Cup 10K Run.** Register by June 22. Call the Sports Center at 307-5202/5571 for more information.

**Youth Sponsorship Night at the Youth Center.** Free Food and Games. 6-8 p.m. Call (586) 598-1770 for information.

## Friday, June 25

**Customer Appreciation BBQ** at the Bowling Center, 5 - 8 p.m. FREE Hot Dogs and Hamburgers! Call 307-5941 for more information.

## Saturday, June 26

**Army Family Team Building (AFTB) Level 1.** Bldg 780, Room 104, 8 a.m.-4 p.m. Lunch provided, childcare available with pre-registration. Call 307-5903 to register

## June 28-July 2

**Tee/Green Level Golf Camp,** Selfridge Golf Course, 9 a.m.-12 noon. Ages 6-14. \$50. Call 307-5530 to register.

## Tuesday, June 29

**Personal Finances for 1st Term Service members,** Bldg 780, Room 106, 8am-4:30pm. Call 307-2007.

## Thursday, July 1

**Newcomer's Orientation,** Bldg 780, Room 106, 8:30 a.m. -12 noon. Call 307-5949 to register. Child care available.

## Tuesday, July 13

**U.S. Army Garrison-Michigan Change of Command Ceremony** - 9 a.m., south side of the Vandenberg Community Center.

## Ongoing

**Veterinary Clinic Hours** - Every Tuesday, 5-8 p.m., and Thursday, 9 a.m.-12 Noon. Call 307-5246 for appointment.

**Thrift Shop** - The Thrift Shop is open on Tuesdays, Thursdays and the first Saturday of the month, 9 a.m.-3 p.m. Call 307-4405 for information.

**LifeMAP Class** - Every Tuesday, 4-5:30 p.m., Bldg. 780 Room 102. Call 307-5211 for information.

**Chapel Services - Protestant Women of the Chapel** every Thursday, 9:30-11:30 a.m., **Men's Bible Study** every Friday, 6:30-8 a.m. Call 307-4020 for more information.

**Multi-Craft Classes - Porcelain and Ceramic Doll Classes** - Tuesdays and Thursday from 6-9 p.m. **Stained Glass Classes** - Every Monday from 6-8 p.m. Both classes are in the Multi-craft Center, Bldg. 780. Cost for the class is determined by the project chosen. Call 307-6848 for more information.

To place your event on the Community Calendar, contact the MWR Marketing office at (586) 307-5404, or stop by Bldg. 780, Room 4B.



# Selfridge Golf Course News

## Selfridge Family Fun Afternoon - Four Fore Forty

Get in the swing this summer with the entire family! The Selfridge Golf Course is hosting a family fun afternoon on June 27 with Four Fore Forty. A family of four can golf *fore* just \$40 (\$78 value). This great family package includes 4 *fore* 9 holes, 4 cart rides and 4 small range tokens! Tee off between 2 and 6 p.m. This special is available to parents and children under the age of 17.

Call the Selfridge Pro Shop at 307-4653 for tee times and more information.

## Saturday Night Twilight Golf

Spend Saturday evenings this summer at the Selfridge Golf Course! Enjoy 9 holes of golf in the cool of the evening as the sun goes down for only \$10 (includes golf cart). Tee off after 6 p.m. Call 307-4344 for tee times and reservations.

## Sunday Morning Special

Enjoy 9 holes of golf and a cart plus our breakfast buffet every Sunday morning for just \$18. Golfers participating in this special must tee off before 7:30 a.m.

## Monday Morning Madness

Chase away the Monday morning blues at the Selfridge Golf Course for Monday Morning Madness June 28, July 12, 19 and 26. For just \$20 per person, you get 18 holes of golf with cart. Call for Tee time reservation at 307-4344.

## Friday Night Special

End your work week at the Selfridge Golf Course with our Friday Night Special this summer. The special includes a Fish dinner, 9 holes of golf plus cart – all for just \$20! You are sure to enjoy our delicious beer battered cod accompanied with golden french fries and crisp coleslaw. Then take to the greens for a relaxing 9 holes of golf to start your weekend off right! Call 307-4344 for tee time reservations.

## Sunday Morning Breakfast Buffet

Enjoy a great-tasting Breakfast Buffet every Sunday morning. It's now available every Sunday during the Golf Season from 6 until 10 a.m.

## Family Member Employment Readiness Program

### Job Search Assistance

Receive guidance on resume writing and interviewing techniques. Attend workshops and seminars. Learn how to find the job that is right for you.

### Resource Room

Provides computers to access the Internet to hunt for jobs, create a cover letter, or send a fax to potential employers.

### Career Counseling

Get assistance with career planning, take a skills assessment, and receive information on furthering your education.

Open to all community members -

Monday - Friday, 7:30 a.m. - 4:30 p.m.

For details, contact:

Mr. Kevin Ware at (586) 307-5949

warek@tacom.army.mil

or visit our website:

[www.selfridge.army.mil/scseap.htm](http://www.selfridge.army.mil/scseap.htm)

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# Selfridge Spouse Club Keeps on Giving

by Lori Grein

## Installation Volunteer Coordinator

The Selfridge Spouse Club awarded a total of \$19,000 in scholarships and community benefits at a luncheon held on Wednesday, May 12.

\$1000 scholarships were awarded to: Steven Groller, Amanda Hicks, Andrew Inman, Alohora Magowan, Ashly Miller, Derek Burton, Cassandra Majestic, Mary Cornell, Marissa Fulkerson, and Lisa Priebe.

\$9000 in community benefits was awarded to various organizations which support the military community.

The Selfridge Spouse Club is an all-inclusive, all ranks, inter-service organization that unites its members through social, cultural, and charitable activities. They foster friendships and opportunities to enhance the well-being of our military and civilian communities.

The two principal fund raisers of the

Selfridge Spouse Club consist of the Thrift Shop, which operates year-round, and a holiday gift-wrap booth. Members volunteer their time and talents throughout the year to ensure the success

of these projects, and they are always looking for new volunteer recruits. If you are interested in volunteering, please contact the Thrift Shop Manager at 307-4405.

## Selfridge Community Briefs

**Prescription for Life Seminar** will be held June 29, 12 - 1 p.m., Room 104, Bldg 780. Presented by Health Educator Sheri Milson, this seminar will cover structured weight loss, making healthy choices, exercise, dietary effects on blood pressure and diabetes. For more information and to register call 307-5211 or email [samulsika@tacom.army.mil](mailto:samulsika@tacom.army.mil) by June 24.

**The Selfridge 2nd Annual Fishing Derby** takes place July 31 from 8 a.m. until 12 Noon at the Outdoor Recreation

Center.

Participants can fish on shore or boat with prizes awarded for 1st, 2nd and 3rd place in the two age categories. Age groups include age 17 and older and 16 and under. Commander's Cup points will be awarded to Commander's Cup participants. The cost is \$3 for active duty military and \$5 for all other patrons.

Please register by July 27 at the Sports Center or the Outdoor Recreation Center. For more information, please call the Sports Center at 307-5202.



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Bldg. 780, Room 4B \* Selfridge ANG Base

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**For Sale - 2003 Pontiac Grand Am GT Sedan - 1K miles,** Silver w/ spoiler, 3.4 liter V6, CD/tape stereo, stainless steel dual exhaust, keyless-entry theft-deterrent system, power windows/locks/driver seat, AC, split folding rear seat. \$18,500/OBO. Call (248) 588-7992.

**Room For Rent:** Chesterfield Twp. home, very nice room for rent. Available in July. \$400.00 per month includes utilities, plus security. 3 miles from Selfridge. Call (586) 855-1836.

**Moving Sale - Furniture, antiques, collectibles and miscellaneous items.** June 30 - July 2, 9 a.m.-3 p.m., 435 Skeel Ave, Selfridge ANGB.

**Home Buyer Seminar, June 30, 2004.** Educate yourself on the home ownership process. For details call (586) 822-1955 (ask for Dave) or (586) 873-5673 (ask for Chris).

  
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